



Conduct and Faith

Dear Readers, Sai Ram!

It has been another busy month in the UK Sai calendar. On the 9th of June after 'Love and light' went out at 9am, I attended a very lengthy but immensely creative meeting of the heads of three strands of Sathya Sai Education in this country, along with Ishver Patel in Pinner. The meeting lasted about seven hours and was very collaborative and productive. Next morning, I managed to sit in on the Wings meetings in Rayners Lane. It is always fascinating to hear the National Co-ordinating Committees dedicatedly and passionately trying to achieve the best they can for their Wings. On Saturday 23rd June I had the pleasure of catching up with Arthur and Poppy Hillcoat in Bournemouth (only about 45 minutes from where I live in Hampshire) where they spoke inspiringly to about 40 people at the Centre there. Next morning it was up to Grosvenor Square to be present at a BISSE meeting where an external evaluation was being delivered to the Members. It was a very professional and fascinating insight into received opinions, aspirations and the range of ideas that percolate through - not only BISSE - but the SSSSO UK as well. On June 27th Ishver Patel and I met with Air Chief Marshal Nirmal Suri and his charming wife, Asha. 'ACM' is a really supportive and welcome 'Friend of the SSSSO UK' when he visits here each year. He has a passion for Universality and true Interfaith that is commendable.

In fact, the day before yesterday 'ACM' took Bala Balaraman, former UK Chair and tireless worker for Interfaith; Raj Selvakumar, National Spiritual Co-ordinator; Mathan Arulvel, National Youth Co-ordinator; and myself along to the quite liberal West London Synagogue where he has forged links of friendship and spiritual exchange with the Rabbi, Mark Weiner, who has visited him in Delhi. Participating in the Sabbath Day service was a real joy. On July 3rd I met with our Zonal Chair and reported on the past 6 months happenings in the UK. Mr Kishin Khubchandani is a fount of wisdom and experience so his comments are always helpful. I joined him at a meeting at SS School Leicester on the 5th. The children were quite wonderful! Yesterday we went to the R3 'Family Values Day' - write-ups on these will appear next month. The Youth are to be highly commended for their scrupulous preparations towards the World Youth Conference in Prashanti in a few weeks time. We are very proud of them! ...If you want a really uplifting and funny read - do make sure you read all about the R4 'Gents Retreat'! I laughed out loud - especially loudly at one particular point - I wonder if you do too, what a great account!

Love and Light,

Rosemary Perry, National Chair

UK WEBSITE: www.srisathyasai.org.uk

Sincere and Loving Condolences...

It is with great sadness that we, on the SSSSO UKCC and 'Love and Light', were all informed of the passing of Tirumal Parvataneni, husband of Latha and the son-in-law of Mrs Karunes Ratnasingham, following a tragic car crash on 22nd June in Germany. Latha, daughter of Mrs Ratnasingham, was injured in the accident but is expected, with Bhagavan's grace, to make a full recovery.

Mrs Ratnasingham was a former UK Central Council member, a National SSE Co-ordinator and the Group Leader of all five 'Sai Mahima' Dance Dramas performed in the Divine Presence of our beloved Bhagavan. If you would like to pass on your personal thoughts and condolences to the family, please see: <http://tirumal.muchloved.com> On behalf of all UKCC Members and on behalf of all readers of 'Love and Light' and the entire SSSSO UK, we send heartfelt condolences to the whole family and pray for God's Grace to ease the shock and pain of what seems to be untimely but somehow, in God's wisdom it is perfect... and enfold them in warm healing love.

Rosemary Perry, National Chair

Every Best Wish...

'Love and Light' would like, on behalf of all its readers, to wish each and every UK Youth delegate to the World Youth Conference taking place on July 26th - 28th at Prashanti, a safe, rewarding and blissful trip to join and share with Sai Youth from all around the world in a celebration of the recognition of their innate Divinity and the opportunity to experience the lasting peace that can be attained by recognising that God is both Universal and within.

May Swami Bless you all.

Arthur and Poppy Hillcoats' Visit to the United Kingdom in sequence:

Bournemouth, Saturday June 23rd

Arthur Hillcoat, former Australian Chair, Zonal Chair for Australia, New Zealand and the Pacific Islands, now a Senior Advisor to the Prashanti Council, along with his charming and wise wife, Poppy, kindly agreed to give talks to those Centres and Groups who wished to have them.

Called by Swami "the Lion" Arthur and Poppy were touring the UK. R6 had the opportunity of attending the talks either at Bournemouth on Saturday 23rd or in Swindon on the 24th. I went to the Bournemouth talk. Poppy told some wonderful stories, she also urged us to say, 'Thank you Lord for everything - I have no complaints'. So that, by

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doing that, we are keeping gratitude in our hearts – constantly - even from the moment of waking up.

Arthur told us movingly of his miraculous cure for the pain he was suffering from a heart attack, by taking Vibhuti, and how amazed the doctors were by his rapid recovery afterwards. He implored us to put into action at least one of Swami's teachings: **"Don't talk about Me, talk about my teachings"**

A variety of questions was answered with wisdom and an 'Ozzy' down-to-earth frankness.

Afterwards, along with meeting friends, old and new, all enjoyed a shared tea.

Philippa Malcomson, Chair Region 6

Swindon, Sunday June 24th

The devotees in Region 7 were truly blessed to have Arthur and Poppy Hillcoat speak at their Regional Satsang on Sunday 24th June in Swindon. This devout and delightful couple told devotees that they had the 'best job' given to them by Swami, that 'job' being to go around the world speaking to devotees. When they asked Swami what they should speak about - Swami said, "Speak about my teachings".

Poppy spoke with much love and devotion about "Gratitude" telling the devotees that we take so much for granted – the water that we drink, the air that we breathe and the food that we eat. How often do we thank Swami/God for these Blessings? She quoted a delightful prayer, which she said we should all try and remember: "Swami, thank you for everything; we have no complaints what-so-ever". All the devotees present were very moved by her talk and were truly impressed by this very special and humble lady.

Arthur spoke beautifully about many of Swami's Teachings saying that we must all work harder to put Swami's teachings into practice. He said that of all the teachings, if we even took one and installed it firmly in our hearts then our lives would be fulfilled and this would make Swami very happy. Arthur spoke about 'Love' and gave many beautiful examples and told of experiences with Swami. He also said it was truly our good fortune to be chosen as Swami's instruments in His Divine Mission.

Thank you, Swami, for sending your beautiful and humble instruments, Arthur and Poppy Hillcoat to our Region!

Nirmala Pisavadia

Via Jey Sivaloganathan, Chair Region 7

Ilford, Saturday 30th June

Region 3 SSE School was graced by two of Swami's long-term ambassadors, namely Arthur and Poppy Hillcoat who accepted the Region's invitation to speak at this ideal venue.

Mrs Lakshmi Puvanendran the Region 3 SSE School Co-ordinator, introduced Arthur and Poppy Hillcoat, who promptly took the stage. Poppy began with a beautiful speech about 'Ceiling on Desires'. She re-iterated that Swami is not interested in how many speeches we have heard on 'Ceiling on Desires' but on whether we are practicing the CoD programme in our daily lives.

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She observed that people become so engrossed in their immediate surroundings that they forget their real or true identity and the true purpose of this life. The message was clear – cut down on desires and exercise discrimination between what we want and what we need. She reminded us that by cutting down these desires and wants, we could actually break free from the cycle of birth and death. She related the story of the dogs that were fighting for food and Swami's comment that they were indeed human beings in their previous birth that wasted food... She ended by saying that we must all strive, both individually and collectively, to become more good and divine.

Arthur began his part of the talk by reminding us that Swami does not want us to speak of him but to spread his teachings by living HIS message. The 'Australian Lion' (as Swami refers to him), enlightened those present by saying that 95% of the problems arise because people forget whom they are as ego takes over. The very core of the Sai Teachings is Service and he enquired as to how many of us are deeply engaged in Service.

Arthur also spoke about 'Truth' and how we can all find it – by living in it. 'Truth cannot be described, it can only be experienced by living it'. The world is 'duality' hence truth cannot be found externally – one has to delve deep within to discover real truth. Arthur went on to advise the following: The body is only an instrument - don't focus on the body - focus on the soul and develop your true divinity. Listen more and concentrate on the deeper significance of Swami's messages. Realise the Supreme Consciousness that Swami is. Arthur gave the analogy that we are all like 'light bulbs' and he questioned the quality of our 'divine glow'! He also reminded us to separate the person from the problem and so love everyone equally. He closed by saying: "You are an embodiment of love and you should seek to live that love and spread that love around. It is that love that transforms man into a divine soul."

The speeches left everyone completely recharged and in high spirits...

Five uplifting Devotional Songs led by children of Ilford Centre followed the talk. The Chair of Region 3 gave a vote of thanks to all concerned.

Vanitha Vickneswaren

Via Sunthar Uthayan, Chair Region 3

Harrow East and Harrow West Sunday July 1st

By the divine grace of our beloved Swami, Arthur and Poppy Hillcoat visited Region 2. It was indeed a great pleasure to listen to them speak eloquently about the significance of Swami's teachings. Arthur and Poppy Hillcoat brought instant serenity and calm with them as they walked in.

During their talk, both Arthur and Poppy touched upon some key messages. For example, Arthur explained that Swami's message of 'Love All, Serve All' should not be limited to our family and close friends, but should be used to reach out to one and all.

This can only be achieved once we learn to separate the behaviour of the person, from the person himself or herself. Arthur also spoke about

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the need to realise that everything we perceive in creation is an illusion. It is merely a play of consciousness that has imprinted a 'picture' to delude man from the truth.

Hence, the time has come to move from 'understanding' to 'inner-standing'. He concluded by explaining that we are all embodiments of love and the sooner we realise this, the sooner the divine current in each of us can express itself through love and light.

Poppy, a charming, diminutive lady who exudes a lot of love and affection to all, spoke about her introduction to Swami through reading 'Man of Miracles' and her subsequent experiences in spirituality. Arthur shared about time spent in proximity with Sai Baba, and also talked about seeing and recognising the divinity within each and every being. Both the speakers were very lucid, their language very simple, and their message heart warming.

The talks were followed with a short question and answer session where the idea of divinity within oneself was elaborated upon. The Hillcoats stayed and took time to talk to individuals at the end, and showed a great deal of vigour and energy. When asked if he ever needed a break from talking, Arthur replied 'Perhaps, after about nine hours...!' It was a great delight for Region 2 to have the opportunity to hear the words of wisdom and love from Arthur and Poppy Hillcoat.

Subita Mahtani, Vice Chair Region 2

'Sainet' Update

A Healthcare Mission to save the people of Kenya from Malaria with support from SSSSO UK devotees via the UK Sathya Sai Central Trust

Assessment Visit to Taita/Taveta District Planned date of Service: 6th-8th July 2007

"The accent henceforth in the Sai Movement will be on SEVA. Seva - not in the sense of service to the less fortunate members of society as a social welfare concept; but loving service rendered spontaneously and unselfishly to any one in need, in the spirit of worship of the divine and as an offering to the Divine." Sri Sathya Sai Baba

As part of the continuous engagement of the Sri Sathya Sai Organisation to support the Kenya Malaria Control Programme (Ministry of Health) in its 'Roll Back Malaria' initiative which aims to increase ownership, by the poor and vulnerable, of treated bed-nets in the malaria prevalent areas in Kenya: The Sainet core-team visited the Taita/Taveta District on an assessment mission from the 20th to 21st May 2007 to plan the next SAINET distribution service in that coastal province.

Reaching Voi, the central town, by mid-day, the team went straight to the headquarters of the MOH office in Wundanyi, 45kms away, for an in-depth consultation with the District Medical Officer of Health (DMOH) and the local Health team in order to identify the appropriate areas in the district that will benefit from the free Sainet distribution.

This vast district has seven divisions and covers an area of 17,300km², of which 62% is within the Tsavo National Park. Sisal estates, bodies of water

and hilltop forests, cover the remaining area.

Understanding the difficulties and how to access their needs, the Sainet team agreed to provide free treated Sainets to the poor in the rural deserving areas in four divisions of choice selected with the criteria of preference, based upon high poverty, absence of health facilities and the high in-patient number of Malaria cases.

The selected divisions and respective locations of preference are Voi, Wundanyi, Mwatate and Taveta, covering a rough population estimate of 40,000 to 45,000 people who face a continuous prevalence of Malaria in their lives, which is also the leading health problem there.

A major logistical challenge lies ahead in planning the service due to the long distances of travel involved into the interior and because of the scattered population in certain locations.

Of the four divisions, Taveta division will be the most difficult to plan as it will be 3-4 hours travel from Voi central, travelling 120 kms into the border area of Kenya and Tanzania where 45% of the Sainets will be distributed.

The devotees of Bhagwan Baba involved face the questions: How do we share our love and joy with our brothers and sisters in need? How can we be so good that others may also love us?

How can we console, encourage, strengthen and enlighten those who are miserable, downtrodden, weak or ill informed? Indeed, these are the questions that we need to remind ourselves of, every day of our lives. Understanding the need to engage in selfless service as a group activity and offering all their selfless actions to God, the Sai devotees will come together from Nairobi, Mombasa and other towns to support this service plan in a common bond of love for their beloved Lord, Sathya Sai Baba.

A special plan to engage maximum participation by youth for this service project is being put in place, as this will be the offering of selfless service from Kenyan youth to Bhagawan from his loving children as part of the World Youth Conference in Prashanti in July 2007.

The Sainet distribution service in Taita /Taveta will be held on Saturday, 7th July 2007, and this will be the eleventh distribution service to be conducted by the Sainet project in Kenya whereby 7,500 treated Sainets will be shared with the poor and vulnerable.

Every Sainet distributed is the love of Sai flowing through his devotees, hopefully saving a life and improving the lives of the impoverished.

The dedicated project team is working round the clock to organize the logistics of net production, transport arrangements and the organising and training of some 70 Service volunteer members for the distribution of nets.

Sainet vouchers will be distributed to each family in these villages in advance through public health workers and village elders to facilitate smooth distribution of nets. Each family will be registered at the village distribution centre for future follow-up (including re-treatment of nets) and monitoring of the impact made.

Tushar Shah (on behalf of 'Sainet', Kenya)

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Region 1: June 2007 Report

SSE: Most centres in the region ran weekly SSE classes. Parent Study Circles and were held by some centres.

National and Internal SSE exams were held on 2nd July. Altogether 30 children attended.

Two Family Value and Sports day Planning meetings took place.

Service: Many centres ran regular distribution of food for the homeless in Central London.

'Liquid Love' - The second Regional Blood donation day was organised by Centre co-ordinators and was held at Merton Sai Centre on the 3rd of June and 34 individuals attended, 24 of those gave blood. On the 3rd Sunday of each month, we cook for homeless people and serve at the Spires Centre.

Spiritual: As usual, most Centres in R1 held weekly Devotional Singing and Study Circles; and some centres held monthly Gayathri chanting.

Youth: YAP sessions are held regularly. Region 1 hosted the National World Youth Conference Exhibition Workshops.

National World Youth Conference Exhibition Workshops:

Region 1 hosted two exhibition workshops in June. The first workshop was held on the 16th at Pollards Hill Sai Centre and the second on the 30th at the Sai Mandir in Merton.

The topic of the National World Youth Conference Exhibition is '**Sai Literature and Study Circle**'. The workshops were aimed at encouraging youth across the country to create pieces for the UK section of the exhibition, which will be staged during the World Youth Conference in Prashanti. Both workshops were well attended with youth creating both inspirational and moving pieces for the exhibition.

Raj Rajasingam, Chair Region 1

Region 3

Values Alive! ...In Milton Keynes

Over the Bank Holiday weekend, 26th – 28th May 2007, an action-packed 'Values Alive!' Camp took place at Meadfurlong School in Milton Keynes. Sixty-six pupils came along each day to experience sessions in Sathya Sai Education in Human Values (SSEHV), Drama, Interpersonal Skills, Cookery, Sports, and Value-based Board Games. Meadfurlong School is in an area of socio-economic disadvantage, and a high proportion of the pupils are entitled to free school meals. About one in four of the pupils have learning difficulties. This was the third 'Values Alive!' Camp at Meadfurlong, earlier ones having been run in 2003 and 2005. The 'Values Alive!' Camps have been formally recorded as part of the 'Wave 2 Provision' of the school. (These are extra-curricular activities open to all children).

The Camp was organised by Nirasha Ramlugan (a teacher at the school) and run with an enthusiastic band of volunteers, largely from Milton Keynes' but including the ever-ebullient 'Mr. Smiley' (Deepak Fakey) from Leicester, and the energetic Chandrika Chauhan, from Luton. There were seven professional teachers from local schools, plus a

Teaching Assistant from Meadfurlong (the latter gave up her free time to attend Planning Meetings and the three-day Camp). Two ex-pupils (one with severe learning, emotional, social, and behaviour needs) who had attended the previous two Camps at the school came back to work as Volunteers for all three days.

The theme of the Camp was 'WATCH' – watch your 'Words', 'Actions', 'Thoughts', 'Character', and 'Heart'. All the activities at the Camp sought to develop the Human Values of Truth, Love, Peace, Right Conduct and Non-Violence, through 'WATCH'. Each morning, there was a pupil-orientated Assembly to start off the day with a focus. This was followed by an SSEHV session, conducted with great flair and imagination by three teachers (Anita Devi, Chandrika Chauhan, and Anesh Ramlugan, ably assisted by six Classroom Assistants).

Sessions in Drama (run by Anita Devi) and Interpersonal Skills-Building (conducted by Varsha Mistry) and Values-based Board Games, run by Mr. Smiley with his very own creations, were a great hit. Mr. Smiley's session included the making of an attractive paper flower, which the children took home with pride.

D & T (Design and Technology) was also brought into SSEHV! The skilful Naveen Maharaj and his merry band of helpers, guided the children in manufacturing plastic key-fobs embossed with the word 'WATCH'. They also made several 'Ceiling on Desires' moneyboxes, so that savings from each class in Meadfurlong School could be accumulated for donation at the end of the year, to a charity chosen by the school.

Cookery was surprisingly popular with the boys. With subject-expert Surekha Govender, the children learned about food hygiene and balanced diets, and made a cheese tortilla wrap and a mixed salad, to take home. Meadfurlong subscribes to the Healthy Schools Initiative, and its guidelines were followed in both the Cookery Class, and in the food eaten throughout the Camp.

An interesting rule at lunchtime was that the children were not allowed to talk for the first five minutes of the meal. This was so that they could appreciate the goodness of the food they were eating, and also consider how it got to them (involving the sun, the earth, the farmer, the supermarket, and their parents). Their contemplation must have been serious because once the five minutes was up; the noise level of chatter was remarkably low!

Talking of food, all the volunteers at the Camp were well looked-after at mealtimes by Nirvana Maharaj and Nirmala Pujara, and their team, who brought delicious hot food from home for everyone, each day.

Throughout all three days of the Camp, the cheerfully professional Richard King drifted in and out of the various sessions with his cameras, capturing images and camcorder clips, to keep as a permanent record of the event.

On the last day of the Camp, there was meant to be 'Outdoor Sports'. A constant drizzle however, put an end to this but the resourceful Nirasha Ramlugan and Nishan Maharaj rapidly devised innovative indoor challenges that were both

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physically demanding and enjoyable.

Whilst these events were taking place, a 'roving reporter' interviewed several pupils (and later, some of the parents who came to the final Assembly) on their feelings about the Camp. Example comments are given below:

Hannah, aged 10, said, "It was enjoyable and fun! We got to learn about the environment, and how to protect it".

In response to the question "What did you learn in the past three days?" Solomon, aged 9, said, "If you work together, you achieve more. We also learned to respect each other".

Tejal, aged 10, said, " It was a really exciting way to learn new things – more fun than school!"

Comments from parents were also positive: " River told us each day, what he's been doing. This is very unusual for him – it shows that he was interested, and enjoyed what he was doing!"

A local Parish Councillor, whose daughter, Chelsea, (in her final year at Meadfurlong) also attended the Camp, said, "She gave us positive feedback, and wants to be a Helper next year!"

Anesh Ramlugan, who dramatically demonstrated how neglect of our environment could lead to the degradation of the quality of life for all the inhabitants of planet Earth, conducted the final Assembly.

The Camp concluded with an address by Nirasha Ramlugan, and the presentation of Special Certificates to 12 star pupils who had shown excellent Human Values throughout the Camp. Nirasha thanked everyone for making the Camp such a success.

The children were given hand-made 'Goodie Bags' (containing their key-fobs, a Certificate, a bookmark, a pen, and some sweets) and then they all made their way home, with many expressing the wish that the event could be run again next year.

Region 3 SSE School Sports Day Sunday 1st July 2007

The stage was set and no weather condition was going to throw a 'damper' on anyone's spirits. The teachers had worked hard in the planning of the day and the 'Friends of SSE' (FOSSE) were ready with all the wider support and, most importantly, the students were all ready to engage in some serious competition!

However, the 'dreaded rain' threatened to intervene but faith in our beloved Swami never fails - for we were blessed with intermittent sunshine throughout the day.

The 'traditional' 'WE are the Children of Sai' march commenced with all the House Leaders leading their houses and as they marched past Swami's altar they offered their 'pranams' as they passed.

Uncle Mahesh, our 'starter' for the day, was ready with his 'blow-horn' to start the races. The lane monitors were equally eager, as was our compere, Meera, who was assisted by Jothika and Preena.

As the races got underway, the children in each house chanted their cheers and slogans of encouragement to their teammates.

The highlight of the morning was, of course, the parents' and the teachers', 'Obstacle Course Race',

which involved the tying of a sari, and, needless to say, this was a sight to behold – there was the, 'throw it over your shoulder' style, or the 'hitch it up' style, or even the more favoured, 'twist it around ...and around ...and around your body' style... (Well... you simply had to have been there to appreciate the fun of it!)

Almost all the races were completed before everyone broke for the long awaited lunch, which, owing to the rain, was held in the pavilion. All the rumbles and tumbles were duly appeased, not just with the variety of food that was circulating around, but with ice cream as well.

After lunch the relay races were run and prize giving followed this. Our Regional Chair, Uthayanan, presented prizes to the winning House for 2007 – Water House - and to the outstanding students in the different groups and years.

Jubilant congratulatory cheers filled the air as the incumbents walked up to receive their prizes, trophies and coveted medals.

Parents, who had attended the Sathya Sai Parenting Study Circle at the SSE School, also received their participation Certificates and everyone joined in to sing and complete the day with Aarathi. Alas, all that was missing was perhaps a Discourse, which would have brought the 'Summer Showers' in Drapers Field to a divine close...

**Vanitha Vickneswaren, Region 3 SSE School
Via Sunthar Uthayan, Chair Region 3**

Region 4

Men Behaving Well!

...At the 'Gents Retreat' 2007!

Another year, another retreat – our 4th 'Gents Retreat' took place on the weekend of 23rd and 24th June. The theme this year was 'Spiritual Awakening and Learning Experience amongst Friends.'

As per the previous retreats, we booked the cabins at Beaumanor Hall (this is a big country house belonging to Leicestershire County Council, and its extensive grounds have residential cabins which can be booked for overnight stays).

About 30 devotees had agreed to attend this year and we all turned up ready to start at 9am on Saturday morning. Straight after registration, we gathered in the 'meditation room' – one of the common rooms converted for the weekend into our meditation room – and started with Devotional Singing. This was a wonderful start to the retreat. Morar had arranged a 'smart' way to introduce ourselves – we were all given a topic to talk about e.g. If you could change your career, what would you do? When were you most happy recently? What is your occupation now? Etc.

Once the introductions were completed, we trooped off to the sports hall for yoga. Ashok conducted a very good yoga session, at all times explaining what benefit was gained from each of the exercises. Most of us discovered muscles we didn't know we had!

Lunch was served shortly after the yoga session – freshly made sandwiches and freshly cooked 'bateta pawa', prepared by Vinod B and Harish. And then it was time to learn 'Basic Skills' – this

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time, how to use a washing machine! Most of the gents have at some stage needed to use a washing machine at home, and Satish carried out extensive research on the subject and was able to pass on his 'vast knowledge' on the subject to the attendees! Joking apart, this was a serious subject handled well and was appreciated by all.

Our special guest, Selvakumar, National Spiritual Co-ordinator, then conducted a study circle on 'Religious Rituals'. Why do we start with a 'Ganesh Bhajan'? Why do we offer Aarathi? Why do we conduct such-and-such... etc, etc? Everyone joined in the discussions, and we could have carried on for the rest of the day as Selvakumar made the session very enjoyable but at the same time educational – there was something for everyone to learn.

Dr Rajnikant gave a talk on 'Healthy Eating' – again a subject close to everyone's heart! (Sic) He gave out lots of very useful information on the dos/don'ts of eating habits. E.g. a banana eaten in the morning gives the highest benefit – GOLD Level, that eaten at lunch gives the next best benefit – SILVER Level, and when eaten at night provides the least benefit – BRONZE Level.

All the above sessions were conducted in a relaxed manner, outside on the lawn. And then it was time for the BBQ. With Swami's grace, the rain kept away and we all had the opportunity to enjoy the barbecued veggie burgers, vegetable parcels, corn, mogo, fried onions, etc, whilst we shared our personal experiences amongst friends.

We all retired after a very enjoyable entertainment session provided by Satish – songs, jokes, and personal experiences e.g. eye camp in India by Dhuru and Croatia trip by Vinod.

Early wake up call – at 4am! ...And we were all ready for Meditation at 6am and then a Nagasankirtan (Devotional Singing around the perimeter of a village or particular area) around the grounds of Beaumanor Hall (we were careful not to disturb the other residents staying in cabins) and then bhajans until 7.30am. What a fabulous start to the day!

Ashok showed us, and we all joined in, some light exercises that got us ready for breakfast. Breakfast was 'Upama' (Indian porridge) again freshly cooked by Vinod B and Harish, plus toast and jam.

By 9 'o'clock we were ready to learn about another basic skill – First Aid. Navin conducted a practical session on some of the skills we should all be aware of as 'service volunteers' – how to place a patient in a safe position, how to recognise if a diabetic person is 'low in sugar', etc.

Himanshu conducted an interactive presentation on 'Stress Management'. This was a well-researched subject, and gave us some useful tips for all of us to take away.

Himanshu introduced the concept of maintaining a 'Stress Diary' to help with managing stress in everyday life experiences.

The 'Team-Building Games' were a great hit – Jagdish split us all into 3 teams and each team was given tasks to complete within a specified time limit. Excellent games, very entertaining and there was something for everyone to learn from working in a team.

After the excellent team exercise, it was time for a cooking lesson. Vinod B showed how to cook Soya mince 'curry' with spaghetti! And he cooked enough for lunch as well! This was so good that the saucepan was completely emptied and wiped clean! And then there was 'sautéed' pineapple for afters – a great treat.

Sadly, it was then time to end the retreat for another year. It seemed only a few minutes ago that we were registering!

We finished with bhajans and vote of thanks by Champak.

And then we all said our goodbyes, and all vowed to be there again next year.

Ramesh Mistry, Chair Region 4

Region 5

Youth Complete the 5-Month 'Inner Divinity' Course

The Region 5, Inner Divinity Class, 5th Session, took place in the Chapel in Luther King House, Manchester on Sunday 17th June. This was an appropriate day because it was Father's Day, and Sai-incidentally one of the previous classes took place on Mother's Day. Swami is our Divine Mother and Father and in striving to understand and put into practice His teachings, we are honouring our real parent.

The Chapel was serene and quiet and there was a real experience of stillness during the class. We looked primarily at what Swami means by experiencing our 'inherent Divinity'. Divinity is often expressed as being beyond the senses and the mind, so the question arises as to how does one experience one's Divine nature?

We looked at what Divinity is. Is it matter, is it space, is it energy, is it consciousness ...is it love? What is God? To experience total Divinity is devotion to God. This comes from the heart. It is pure love to - and for - God. We need to understand that we are not merely this body, but that we also have an energy body, which is linked to our seven Chakras. Our consciousness is at one of seven points dependent upon our karma. Our life should be devoted to raising our consciousness to union with God as the Brahman Consciousness. When our Kundalini rises to our Crown Chakra then our consciousness is merged in the Divine.

In a practical exercise, we experienced our Chakras through their opening and the healing of our energy bodies. Each of us was able to feel the emotional/mental issues going on in the other as they did the healing. Thus we experienced both the divine attribute of empathy of another's suffering and they experienced the reality of there being more than the physical body.

We also realised that the purpose of our lives is not to serve our senses and our own pleasure. We are born to serve God in the form of society and creation. Through service comes detachment and through detachment comes enlightenment. The key to service is the heart Chakra that is the bridge between the lower Chakras, which are linked to worldly sensory experiences, and the higher Chakras, which are linked to subtle and higher levels of consciousness. When we serve, we experience unity, purity and then Divinity. We

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experience an expansion of our hearts through the joy of selfless service. This purifies our heart and our consciousness to the point where we are able to detach ourselves from attachment to praise or blame, pleasure or pain. Through this detachment we are able to experience the Supreme Divinity, Swami, all around us. He is the Eternal Witness. He is Awareness. He is Being-Awareness-Bliss-Absolute. How do we become aware of Him? The answer is, through the heart and through love and devotion.

So, to contact our inner divinity, we should not follow the body or the mind, rather we should develop a love for our conscience, which leads to an awareness of consciousness.

The session concluded with a beautiful meditation whereby we asked Swami to send us His unconditional love to our heart Chakras. The more we allow ourselves to experience His pure love, the less our desires will be for the lower Chakra sensory and worldly pleasures.

Divinity is beyond the mind and the senses, but for the sake of understanding our own reality, His form has come amongst us. He is the mirror upon which we can see and experience our own Divinity. The key is to have faith in Him at all times and in all circumstances.

The youth of Region 5 thank Rachel Ennis Cole for her inspirational teaching on this course.

Sanjay Vaja, Vice Chair, Region 5

British Institute of Sathya Sai Education Seminar and Workshops on SSEHV in Casablanca

A two-day seminar and workshops were held on 2nd and 3rd July 2007, at the Casablanca American School. 136 teachers attended it from schools in Casablanca and Rabat. The conference was organised by the Sathya Sai Centre of Casablanca and was led by three trainers from the British Institute of Sathya Sai Education (Christina Wilson, Pamela Nash and Carole Alderman) who conducted the training in French.

The seminar was a follow-up of the training that was given exactly a year ago. The schools, which have been using this programme over the last year, wanted further training for their teachers, particularly those who had not attended this previously.

The first day lectures, introducing the five values and components, focused on the direct method which was demonstrated through the acting out of stories which brought a light-hearted atmosphere into play: songs which had been translated into French were popular as the Moroccans love to sing. In the afternoon, the teachers were given copies of lesson plans from the BISSE manuals to present to each other while some schools preferred to present aspects of lesson plans that they had prepared in advance.

On the second day, more training on the values was given, thereby clarifying any errors picked up by the trainers of the teachers' understanding that had been revealed by their work the previous day. A further lecture on how to integrate values into curriculum subjects prepared the teachers for the afternoon's workshop.

The 'Reflective Exercise on Peace' was well received and brought about a calmer atmosphere which was noticeable during the teachers' group work in the afternoon when they wrote down ideas on how to integrate values into the curriculum subjects of literacy, numeracy and science.

The following day the organiser, Mrs. Chitra Mirpuri, Mrs. Bouchamama, an educationalist who is promoting the programme locally, and the UK trainers went to visit three of the schools in Rabat. They met all the teachers and were enthusiastically treated to refreshments in each school.

They were delighted to see the symbol with the five values on each of the classroom doors, the posters and other SSEHV materials, including the UK lesson plans that were being used with the children. One teacher said that since the training, she realised that she had been rather harsh, not only with the school children, but also with her own children in the past.

Later in the day, an orphanage in Casablanca was visited where the director reported that since last year's training some of the teachers were even kinder and gentler with the children showing a more openhearted attitude towards them. One example of this was that they no longer minded getting wet when taking the little ones to the paddling pool.

Carole Alderman, Director BISSE

Bharat Handa, National Service Co-ordinator

Sathya Sai Schools Look Up and Aim High

Swami says, "Look up and Aim high", this year children in Year 2 and Year 6 at the Sathya Sai School in Leicester have attained some excellent results. In year 2 (Key Stage 1) we had 67%(4 out of 6 children) Level 3 in English and Mathematics with the national average being 22%.

For three of these four children the Sathya Sai School was their first school, they started with us from the moment they turned the age of 3 literally. In year 6 (Key Stage 2) all our results were better than the national average with exceptional results for Mathematics, where we had 63% at level 5 compared to 33% nationally, and in English Reading where we had 75% compared to 47% nationally.

One of our children in Year 6 had Level 1 in English, Mathematics and Science in Year 2 and now she produced Level 4 in the same subjects! As Swami says we should do our best in everything we do and that is what we strive for at this school. We aim for excellence in conduct, manners, in all schoolwork and in all activities.

Thank you Swami!

Mrs Usha Lim, Head Teacher, SSS Leicester

Via Prabodh Mistry,

Sathya Sai Schools Representative

"You cannot claim to be educated or mature, unless you have mastered the science of self-control and destroyed the root-cause of delusion." Sathya Sai Baba

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Service

'Free Walk-in Health Awareness Clinics'

Celebrating Cultures in the London Borough of Hillingdon and taking part in 'Refugee Week' 18th -24th June 2007

Refugees have made a massive cultural, social and economic contribution to life in the UK in the last 450 years. The Sri Sathya Sai Service Organisation UK (SSSSO UK) very proudly started the 'Celebration of Cultures' in Hillingdon during 'Refugee Week' from 17th June this year by organising a Free Walk-in Health Awareness Clinic (FWHAC) in partnership with Hillingdon Primary Care Trust (PCT) at the Hayes campus of the Uxbridge College in Hayes, Middlesex on Sunday 17th June 2007.

This was a very unique clinic for SSSSO. Initially, after having identified the communities that could benefit from our services, we met Hillingdon PCT Associate Director and other officials. They advised us that they would like us to organise a clinic in the Hayes area where the following communities need assistance:

- Traveller and Gypsy communities
- Refugee and Asylum seekers from Somalia, Afghanistan and Tamil communities
- Homeless individuals and families
- Failed Asylum seekers i.e. those who are awaiting deportation.

Ownership of the Clinic:

As the discussions developed, the PCT Chief Executive (CEO) and other executives became very interested in what we were to deliver. The CEO via the Associate Director of Public Health told us that the PCT will take ownership of the clinic and that the HOPE Project will work in partnership with our Organisation. This was to satisfy the Clinical Governance guidelines issued by the Department of Health. The CEO also instructed that the PCT staff should also join SSSSO Healthcare volunteers and work on that Sunday.

So, normally, we take the Ownership of a FWHAC but in this case and - for the first time in the history of the SSSSO holding clinics over the last 20 years – the Hillingdon PCT decided to take the ownership via its HOPE project.

The PCT sent various staff as follows:

- Two nurses Blood Sugar testing
- Two personnel from No Smoking department
- Two staff from the Dental department
- One local GP to give a presentation on Diabetes
- One Cardiac Consultant to give a presentation on Heart conditions
- Health Advocates to raise awareness of services available locally in Hillingdon
- The Associate Director of Public Health
- Head of Hillingdon HOPE project

The PCT also arranged for local Member of Parliament Rt. Hon. John Randall, MP for Uxbridge, to come and perform the opening ceremony of the FWHAC.

SSSSO Healthcare Volunteers who took part were:

5 GPs, 4 Eye Doctors, 2 Dentists, 3 on Blood Pressure, a Gastroenterologist and nurses to check Body Mass Index (BMI) and BP.

Achievements:

We examined some 120 people and gave over 700 consultations and issued 32 referral letters to GP.

The PCT staff has given very positive and constructive feedback to the PCT. The Associate Director of Public Health has told us that the PCT would like to continue holding the clinics with SSSSO every 3 or 4 months.

The Director of Public Health from Slough PCT also attended the clinic to see for herself and is now working on holding a similar clinic aimed at Refugee communities in Slough area.

In this clinic some 120 people were examined and some 700 consultations were given and 32 letters of referral to GPs were issued. We were pleased to see people coming from various communities despite apprehension and hesitation.

The local MP was very excited to see that so many Healthcare professionals (from both the PCT and the SSSSO) and covering all the various specialities, had offered their support by coming on that day (Father's Day) to serve communities for no reward. He told us that he would like us to arrange similar clinics in other parts of Hillingdon at Civic Centre, Brunel University and Uxbridge college campuses to name but a few.

Members of the PCT staff have given very positive and constructive feedback to the PCT.

The Associate Director of Public Health has told us that the PCT would like to continue holding the clinics with the SSSSO every 3 or 4 months, the next one will be later this year and one is definitely planned for February 2008.

The Director of Public Health from Slough PCT also attended to see this clinic for herself, and is working on holding a similar clinic aimed at Refugee communities in the Slough area.

Swami wants us to serve our local communities within the framework of the principles and directives that He has set for us to follow, in delivering healthcare to those who are in need. The main guiding principle for such acts of selfless service is the sharing of pure and unconditional love.

All the professionals and other volunteers who worked behind the scenes continue to offer their sincere & heartfelt prayers to Swami to grant us many opportunities to share His Message with all - regardless of their race, colour and creed.

What a wonderful way to spend Father's Day!!!!

The Service Wing continues to take Swami's message of sharing 'Liquid Love' (Blood) and 'Mushy Love' (Bone Marrow) to communities.

The Service Wing is very pleased to work with the National Blood Service (NBS) in promoting these vital donation initiatives.

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The next occasion a Clinic takes place will be 21st July 2007 between 10am to 4pm

We will be working with an international software company, based in the UK, to encourage their staff and family members to donate Blood and Bone Marrow.

This is a private clinic only and takes place in Coventry.

If you work for a large company and would like us to arrange a Blood and Bone Marrow Clinic at your work place, please do not hesitate to contact us.

Free Walk-in Health Awareness Clinic, 5th August 2007 from 10.30am to 3.00pm

We are also pleased to work with 'Brent Indian Association' to promote 'Healthy Living and Eating' on 5th August 2007. The FWHAC is opened to all and is aimed at the Gujarati Communities who are more prone to Heart and Stroke conditions.

The venue is the:

Brent Indian Association,
116 Ealing Road, Wembley,
Middlesex HA0 4TH

Bharat Handa

National Service Co-ordinator

Sathya Sai Bookshop

The bookshop has a regularly updated website
Please find it at:

www.srisathyasaibookcentre.org.uk

The SSSSO UK Website

is to be found on:

www.srisathyasai.org.uk

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Love and Light SSSSO UK
Significant Diary Dates 2007 please ask your
Centre or Regional Chair for details

Month	Date	Event
July	7 th or 8 th	'Family Values' Day in all Regions
July	14 th	WYC 3 rd and Final Meeting
July	14 th	Sathya Sai School, Leicester: Evening for parents and friends, 'Changing the World Together'
July	26 th - 28 th	World Youth Conference at Prashanti Nilayam
July	29 th	Guru Purnima
September	1 st	UKCC Quarterly Meeting
September	2 nd	National Sathya Sai Education Day in Pinner (Region 2)
September	9 th	NCC Wings Meeting
September	15 th	Regional Meetings
September	24 th	SSLTP Alumni Reunion
September	29 th	Isle of Wight National Satsang East Cowes, (11 am to 4pm) NB CANCELLED owing to lack of suitable venue
October	6 th	National SAI-UN Symposium
October	7 th	SSLTP Module 3: 'Thought Leadership'
October	13 th	Carousel SSE Training Day
November	3 rd	National Spiritual Day
November	23 rd	Sai Baba's birthday
December	2 nd	UKCC Quarterly Meeting
December	8 th	SSLTP Module 4: 'People Leadership Communication'
December	9 th	NCC Wings Meeting
December	15 th	Regional Meetings